



WAKE UP!

President/ Editor
Dave Barbuzzi

Publisher

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Now, more than ever before, we as letter carriers and Union members need to take control of the future of the Postal Service. We all **MUST TAKE ACTION**, today, and every day. Please do your part...

Action needed

Congress must strengthen and protect the
Postal Service during the COVID-19 crisis

**CLICK HERE TO FIND YOUR
SENATORS AND REPRESENTATIVE**

President's Message

“Take Action”

If you visit the NALC website, nalc.org, the landing page exclaims “Action needed”. I am echoing those words and asking you to take action. I know, I know, you're exhausted. In many offices the staffing is such that you have been working your days off, most recently some of you have even worked the Memorial Day Holiday, just to deal with the enormous influx of parcels created by online shopping while stores remain closed.

I'll tell you what, though, you can take action from your couch while watching TV. All you need is your mobile phone, tablet, notebook computer, whatever you use to surf the net.

Turn a few pages to the center spread of this month's Wake-Up! and you will see how letter carriers and civilians can do their part to secure the future of the postal service, the future of our jobs.

For a letter carrier, there are four simple steps. The process is found at nalc.org and it's very simple. Probably takes about 30 seconds for a computer savvy person and maybe 3 minutes for someone less familiar. The four steps walk you through the process of emailing your Representative in Congress, and your two Senators. After you press “Go” in the fourth step, you will have done your part to make Congress aware of the dire need for them to “Take Action” and include the postal service in the next and any future rounds of stimulus relief.

For a civilian, it is even easier. There aren't four steps, there is only one. The image that you see on page 7 of this Wake-Up! is found at heroesdelivering.com. If you can type or text quickly, it will take less than 30 seconds. If you can't, it only takes as long as it takes you to type your name, street address, zip, phone and email. Worse case scenario what is that 3-4 minutes? A very small investment of time to try to make a difference.

Don't stop at just once, though. Do it every day or every other day. Post the links to your social media accounts. Help elderly relatives and friends do it. Make sure your family does it. Remind friends, family, and co-workers to continue doing it. It is THAT important.

It is worth mentioning that I received a call at the office earlier this month from a member who received an email soliciting money to “save the postal service”. Fortunately, the member called to find out if the email was legitimate. For the record, unless you can contribute \$75-80 billion dollars, you can't contribute money to save the postal service and there is no one that can collect that money and ensure that it would go to the postal service. An email making a claim such as that is either outright scam, or it is a political campaign contribution request. A campaign contribution in and of itself will not save the postal service. So please, take action in the manner outlined above and in the coming

pages and watch for future ways from either the national union publication, website, or anything that you may receive from the branch .

I am not going to disparage the incoming Postmaster General. There is history that can be found, but I'll let you look into that yourself. We'll see what I write next month, after he's been in the job a few weeks. I'm also not going to disparage our President. There is more than enough information out there that if you want to know the truth, you can find it. I would only ask that you do your due diligence and find the truth BEFORE you cast your ballot in the upcoming election for President.

Let's talk about that ballot for a second. There are some states, such as Michigan, that have permission for mail-in ballots in their Constitution. Some Massachusetts communities have begun sending their residents applications for mail-in ballots for local elections that will be taking place this summer. A mail-in system would have the benefit of increased mail volume and it would allow more people to vote.

I would also like to caution everyone not to let their guard down now that we have received some encouraging data on “flattening the curve” of the spread of Covid-19. People are extremely anxious to get back to normal, to go outside, to go out to eat, to get a haircut, to live their lives. These people are not thinking about your health, they are thinking about their needs.

Please, keep your distance. Remain vigilant in adhering to the guidelines of the CDC. It's going to be getting warmer and more humid. It is going to become more difficult to breath with a mask on. Be aware of that and do what you need to do to stay healthy. I would imagine that soon there will be mandatory messaging during service talks about heat and how to protect yourself from heat stress and heat exhaustion. Face coverings just add another challenge to dealing with the heat. Don't sacrifice yourself, your health, your safety, to make a number. Gage your workload to the best of your ability and take the heat and/or humidity into the equation when notifying management of your time requirements. If you get pushback when noting such reasons for the need for time, talk to your steward or call the office.

Finally, I must inform you that due to the phasing in system in place to open the state, we are not able to have a branch meeting in June as we will not be at that phase yet. Your executive council has been meeting via “Zoom Meetings”. If your office would like to have a local “Zoom” meeting, I would be more than happy to attend such a meeting to answer questions and hear concerns that you may have.

Stay informed!

Dave Barbuzzi

Executive Vice-President's Report

I find it hard to believe that we are still in the middle of the lockdown because of the Covid-19 virus, but it is what it is and hopefully the numbers can show improvement soon. As I write this, the state is slowly beginning to open but only a small percentage of workers will be allowed to return to work for at least 3 weeks. Unfortunately, the state of Massachusetts has been one of the hardest hit areas of the country by the virus, and safety and health must be the priority.

Within a few weeks the Postal Service will have a new Postmaster General, Louis DeJoy, who just so happens to be a huge donor to the Trump campaign and probably will be working very closely with him. The President has made it clear his disdain for the Postal Service even though he is very misinformed when he speaks of the Postal Service. VP Dan Wheeler goes into this in more detail in his report so I will leave it at that. I'm not going to make any predictions, but we could be in for a rough ride without any of the stimulus money to make up for all the lost revenue due to the virus. There just isn't enough revenue to sustain business for a long period of time, which means pay the salaries and all the bills. Any money we receive should not be a loan, it should be aid as we are required to be open with the knowledge that revenue is approximately half what it would normally be. This is also why we need to contact our Reps in Congress. You can do it through the NALC website and it only takes a few minutes. The NALC has been attempting to achieve positive Postal Reform with Congress for years, but the first step has to be financial aid.

As bad as the Covid-19 virus has been, it is being reported the number of hospitalizations and deaths in Mass has started to decrease, I hope this is a result of people protecting themselves and distancing from each other. Any deaths or illness is bad, but a decrease in numbers is welcome. In my opinion, this isn't the time to test the waters, and break from some good social distancing habits. Until there is a vaccine or therapeutic medicine to help mitigate any symptoms, we are going to have to be careful. Even when the restaurants and bars begin to open, this doesn't make it safe to huddle with each other and expect no negative results. This means wear the masks or coverings if you can't distance from one another, especially at work, where you sometimes can't avoid getting close to many people. It is probably going to remain this way for the foreseeable future, as the experts say the development of a vaccine is unlikely to happen this year.

Aside from the pandemic there are other safety issues that will be coming into play soon. It hasn't been a very warm spring but that could be changing soon. I recently received a mailing at home about heat illness from the Postal Service. We may be shorthanded this summer but

that is no reason not to follow the guidelines to avoid heat illness. Take your breaks and drink plenty of fluids and seek shade or an air-conditioned area if not feeling well. There have been plenty of service talks instructing carriers to take an extra break if necessary. If you are feeling dizzy or faint that is a good indication that you need to stop and seek relief. It is not worth pushing yourself into sickness.

We are beginning to enter into Prime vacation time for all of our stations which means that there should be plenty of hold downs available for CCAs and unassigned regulars. If any CCAs don't know how to identify what is available in their stations either ask the steward or call the Union office and we will walk you through it. Some stations post a list with all available assignments and others use the Prime time calendar as notice. It is your right to bid on these assignments so take advantage. Once again we have had to cancel the monthly branch meeting, for June, according to the restrictions set by Governor Baker but we will meet as soon as possible.

Keep your head up!

Paul Desmond

Calendar of Events

June 6	D-Day
June 14	Flag Day
June 20	Summer Solstice
June 21	Fathers' Day
June 22	World Rainforest Day
June 26	Take Your Dog To Work Day

David J. Barbuzzi	President
Paul G. Desmond	Executive V.P.
Dan Wheeler	Vice President
Andy Coan	Secretary
James P. Nutter	Treasurer
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Steve Pickett	Assistant Safety Officer
Richard Donlon	Asst Health Benefits Rep
Ron Noviello	Workers' Comp Rep.

Your "Wake-Up!" is produced in-house at the Branch 25 Union office each and every month.

Prescription drugs—baneful or beneficial? As you know, the answer is both; baneful if illicit or abused (a societal reality in America), beneficial if used properly. The following information, excerpted from a previous issue of my HBR report should prove helpful in this regard:

1. Before taking any medicine, it's a good idea to learn as much as possible about the medicine and its effects on the body.
2. If you're taking any medicine, including those over-the-counter, tell your doctor if he issues you a prescription. Wrongful drug interactions can be disastrous and even fatal.
3. Of the most frequently prescribed drugs, more than half contain at least one ingredient that reacts badly with alcohol. People who plan to drink while taking medicine, even wine with meals, should ask their healthcare provider first.

Once again, my admiration and respect go out to my brothers and sisters who continue to rise to the present-day challenges. You truly are amongst America's heroes and it's gratifying to see that reality being recognized by our national media. Next month: Specific questions to ask your doctor(s) regarding prescriptions written for you.

Keep on truckin'

Rich Donlon

The infographic is a vertical split diagram. The left side is light gray and represents Heat Exhaustion, while the right side is dark gray and represents Heat Stroke. At the top, the words 'HEAT EXHAUSTION' and 'HEAT STROKE' are written in white on their respective backgrounds, with 'OR' in the center. Below this, a human silhouette is shown from the waist up, split vertically. Various symptoms are listed on either side of the silhouette, connected by lines to the corresponding body parts. At the bottom, there are two boxes: a light gray one for Heat Exhaustion treatment and a dark gray one for Heat Stroke treatment, with 'CALL 9-1-1' in large white letters on the right.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 		<p>CALL 9-1-1</p> <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives

Weather.gov/socialmedia
Weather.gov/heat

@SacramentoOES
SacramentoReady.org

Vice President's Report

Within about a week or so of this edition of The Wake Up! hitting your mailbox, the USPS will officially have a new leader. Louis DeJoy will serve as the 75th postmaster general beginning June 15, replacing Megan Brennan. Brennan has held the post since 2015. DeJoy was CEO of New Breed Logistics, a company that handles supply chain issues and transportation support. He will be the first PMG who is not a career postal employee since Marvin Runyon who served in the position from 1992-1998. DeJoy is the lead fundraiser for the Republican National Convention 2020 and a longtime Republican donor. This year he has already donated \$360,000 to the Trump Victory Super PAC. Since 2016 he has donated 2.5 million dollars to state parties, committees, and candidates.

DeJoy will be taking over during trying times for us. It is no secret that this is a tough time for us as letter carriers. We are dealing with the day to day safety and health issues from COVID-19. We are also dealing with the financial crisis for our employer, the USPS, caused by the economic problems brought on by the COVID-19 crisis. It's also no secret that Donald Trump has certainly not been a friend to the Postal Service. Recently he called the Postal Service "a joke" and threatened to withhold funding if they did not increase prices by 4 to 5 times current rates. He has also repeatedly said falsely that the Postal Service loses money in its shipping agreement with Amazon.

Recently one of the members of the board of governors, David Williams, resigned from his post. It has been reported that Williams stepped down in large part due to the Treasury Department and its Secretary Steve Mnuchin influencing the board's decision making, according to a congressional aide familiar with Williams' thinking, especially as it related to its access to a \$10 billion loan recently approved by Congress. Williams was a Trump appointee. The remaining 4 members on the board of governors are Trump appointees as well. Williams, the former inspector general for the USPS was the only member with postal experience.



So, what does this mean for us as letter carriers and the USPS overall? It is not surprising that President Trump has appointed someone who is seen as not necessarily the most experienced person for the job but more of a political appointee, here to push the president's agendas. Rep. Gerry Connolly, D-Va., chairman of the House Oversight and Reform Subcommittee on Government Operations, accused Trump of choosing DeJoy for political reasons. "President Trump rewards a partisan donor by installing him at the U.S. Postal Service," Connolly said. "The Postal Service is in crisis and needs real leadership and someone with knowledge of the issues. This crony doesn't cut it."

NALC President Fred Rolando said this as part of his statement on the new appointment: "The National Association of Letter Carriers is committed to working in good faith with him to build a relationship based on mutual trust and a shared vision for the future of the Postal Service, a beloved and essential national institution based in the Constitution." The NPMHU (National Postal Mail Handlers Union) had this to say in their statement: "The question presented, therefore, is whether PMG DeJoy will use his obvious experience in postal logistics to preserve and grow the Postal Service as a unique and thriving public institution, or whether the new PMG will seek to use his position and authority to try to implement the misguided goals of the Trump Administration that are aimed at privatizing and ultimately destroying the Postal Service."

I do not see how we, as letter carriers, can look at this appointment as good for us. We also should not be surprised. It feels like we are always fighting against those in power who are out to diminish or destroy us. There is nothing we can do about how the current administration feels about us or who is put into the position of PMG. The Postal Service is an important part of this nation's infrastructure and economy, whether the current resident of 1600 Pennsylvania Ave. believes it or not. All we can do is continue to advocate for ourselves. Go to NALC.org or the NALC Member app for information on how we and the public can get in touch with our representatives to let them know what needs to happen for the future success of the Postal Service.

In solidarity,

Dan Wheeler

 **BRANCH 25 RETIREE GRATUITY VOUCHER** 

Name: _____
(as it will appear on plaque)

P.O. Retiring from: _____

Phone number: _____

Retirement date: _____

Please note: Retiree must be a member in good standing at date of retirement. Retiree has 4 months from retirement date to remit this voucher to the branch office. Please mail to: NALC Branch 25
2500 Main St, Suite 201, Tewksbury Ma, 01876

Every letter carrier in the country should follow the steps below. Start at nalc.org

4 Easy Steps to Save Your Job

SELF EXPLANATORY
Click Here **1**

Action needed
Congress must strengthen and protect the Postal Service during the COVID-19 crisis
CLICK HERE TO FIND YOUR SENATORS AND REPRESENTATIVE

NEWS & UPDATES
NEW MEMBER TOOLS
WORKPLACE RESOURCES
NALC MEMBER APPS

Latest News and Updates
COVID-19
ACTION NEEDED: Congress must strengthen and protect the Postal Service during the COVID-19 crisis
Pennsylvania letter carrier passes away while delivering his route
NYC letter carrier passes away from coronavirus

Quicklinks
President's Message
NALC Constitution
National Agreement
NALC Member App
The Postal Record
Letter Carrier Paychart
JCOM
Materials Reference System (MRS)
National Convention
NALC Bulletin
OCLA
CRIS/FFPS assembly

TAKE ACTION
Update your address
Contact Congress

NALC
Home | Legislator Look Up | Take Action | NALC Website

Support USPS in next emergency stimulus

As letter carriers on the front lines of seeing 100 million Americans and businesses every day, you know that the COVID-19 pandemic is a crisis we have never experienced before. While our letter carriers show their resilience, strength and service to the public every day, the Postal Service looms closer to shuttering due to the staggering loss in revenue and revenue during this crisis. It's a desperate situation that only Congress and the Administration can help solve.

Unfortunately, the last stimulus bill did not allow the Postal Service to receive the additional financial assistance signed by NALC and the Postal Service to allow the Postal Service to continue to provide service to the public every day.

While it's been 40 years since we have needed taxpayer money through this crisis - and we need it now, this partisan poll (viewable here) showed that 92 percent of voters support the Postal Service in the next pandemic response bill.

Please take a minute to send a letter to your member of Congress and urge them to support the Postal Service until this crisis is over.

2

Already an e-activist?
Click Here

If not, Register.
Click Here

Take Action

NALC
Home | Legislator Look Up | Take Action | NALC Website

Log In Here
No spaces!!

3

NALC members can login below using your username (First Initial + Last Name + Zip) to take action by calling and emailing your Member of Congress.

After sending your message, your email record will be deleted. It is being used for the sole purpose of sending your message today.

If you have questions or need help logging in, contact Eddie Davidson at davidson@nalc.org or (202) 340-3602 and provide him with your full name + zip.

Login Below with:
First Initial + Last Name + ZIP
Example: jsmith21045:

Go!

New? Register Here

NALC
Home | Legislator Look Up | Take Action | NALC Website

Fill in the blanks.
Then scroll down and hit **"GO"**

*Massachusetts Senator Warren
Requires phone number

Message Recipients

Congresswoman Katherine Clark (D-MA-05) * * * * *
Senator Edward Markey (D-MA-S2) * * * * *
Senator Elizabeth Warren (D-MA-S1) * * * * *

Email, Fax, Phone or Letter Details:

Subject:
Support USPS in next emergency stimulus

Form Letter @ Blank Letter
Linking Points

Linking Points:
Seven days a week, postal employees are risking their health to sort and deliver medicines, lab tests, online purchases, Treasury checks, public health information, and more.

Once the public health crisis passes, the Postal Service will be more necessary than ever to promote economic recovery - especially for small businesses and citizens in Rural America.

According to the Postmaster General, without immediate Congressional action, the Post Office will run out of money for communication types email, fax, phone and letter.

Hi my name is _____ I live in _____ in your district/state.

As a letter carrier, I urge your office to support direct aid to the Postal Service in the next pandemic response bill.

4

Please have friends, family, and anyone else go to heroesdelivering.com to take action.

LATEST NEWS



EXCLUSIVE: News Ads Launched

Have You Seen Our New Heroes Delivering Ads? New ads began airing today promoting funding to support our heroes who deliver every day and the US Postal Service. Check them out below: Our letter carriers need your help to continue delivering for America. Click here to take a stand and demand action from Washington... [Read More]

[Read more](#)



The new normal

A day in the life as told by the letter carriers living it in the face of the COVID-19 pandemic, the Postal Service is providing an essential service, and letter carriers are recognized as heroes for delivering during this crisis. Millions of people are in isolation or quarantine in their homes and disconnected from jobs,... [Read More]

[Read more](#)

TAKE ACTION



Our letter carrier heroes need your support. Take action and email your legislators to support funding for our U.S. Postal Service.

Title * ▼

Full Name *

Address *

Zip * city and state not required

Phone *

Email *

[✉ Send Email](#)

I urge you to support funding for our U.S. Postal Workers. These heroes deliver critical goods to those in need and we cannot afford to not fully fund the USPS. Take action now!

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Coronavirus

Accepting Our Current Reality

Many of us feel anxiety in response to the uncertainty of COVID-19, sadness related to losing our daily routines, and anger at whatever forces are to blame. It's normal to be unsettled about the upending of life as we know it. Many parents of younger children are facing the stress of taking care of them at home, often while teleworking themselves. And families with elderly or sick relatives are dealing with even stricter isolation in an attempt to prevent COVID-19 in this vulnerable population.

No one knows how long the pandemic will last or when we can resume our regular lives. Even worse, many people are worried that they may be laid off and lose their livelihoods. The pervasive uncertainty makes it hard to plan a course of action and creates higher levels of stress. To add insult to injury, our typical ways of de-stressing, such as working out in a gym, watching sports, happy hours with co-workers or hanging out with groups of friends, have largely come to a halt.

The following information may help you respond to the pandemic in a healthy way:

Practice mindfulness: A lot of anxious thoughts and emotions will show up during this time. It's important to accept them rather than try to push them away or escape them. Notice negative emotions, thoughts and physical sensations as they come up, look into them with curiosity, describe them without judgment and then let them go.

Create new routines: Planning and executing new routines that connect you to what really matters in life is the best recipe for good mental health. It's important to establish structure, predictability and a sense of purpose with these new routines.

Focus on self-care: Exercise, good nutrition and socializing are directly linked to emotional well-being, so now is the time to get creative. New self-care routines will give you mental strength.

Stay positive: Trying times offer several avenues for psychological growth and an opportunity to deepen our relationships. Keep in mind that stress and negative emotions can have positive consequences. Sometimes people who go through difficult life experiences can emerge with resilience and a renewed appreciation of life.

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at EAP4YOU.com, through video, live chat or text message. Reach out to learn more ways you can receive support from your EAP.

This is an emerging, rapidly evolving situation. For the latest information visit CDC.gov.

This information was adapted from an article by Jelena Kecmanovic for The Washington Post



CALL US TODAY: 800-327-4968
800-EAP-4YOU | TTY: 877-492-7341
WWW.EAP4YOU.COM



HEROES
Delivering

KEN BONIN
BRANCH 25

Safety - These Crazy Days in Blue Stripes

This morning, while I listened to commercials saying that your country needs you to “stay home” on your couch, I am busy pulling up my blue-striped postal trousers and preparing to leave for the post office, just like my brother and sister “street smart” letter carriers nationwide. I believe that we, the NALC, maintained some stabilizing sense of normalcy as we helped to play our roles on the delivery front lines to keep our mighty and massive country running, when most other professions were ordered to remain at home and sequester. Somehow, that gave me a refreshing morale boost and made me feel important that I was a needed Union employee in an essential career. We, as a proud and strong NALC Union, have always unrelentingly persisted and persevered to deliver the mail for the deserving citizens of these wonderful United States of America.

So, something needs to be said to my fellow NALC Union members about how they are constantly displaying their bravery and courage, while daily delivering the mail to our customers, during these frightening, stressful, and unprecedented last few months. We are still working every day throughout this devastating, deadly coronavirus pandemic, when the majority of occupations are told to “stay home in safety.”

Why? Well, I suppose that our honorable sense of duty and dedication to our USPS customer service is able to overcome our fears, fatigue and confusion. Currently, as we come to terms with our new challenging, daunting situation, we continue to prove our tenacity and dependability by showing up at our post offices.

We persist in completing our delivery rounds cautiously during these present scary times of uncertainty, despair and fear. We are risking our health each day at work when most people are remaining home, so as not to risk being infected.

These are, indeed, tough and challenging days. However, us mail baggers are a tougher-than-most, rugged, resilient workforce that take difficult challenges head-on and rise to meet them with our utmost focus and determination. Tough times don't last long, but tough letter carriers do. We are accomplishing our delivery tasks during some critical, unknown times, because Covid-19 is a highly contagious virus. Thus, by continuously walking our routes, we are exposing ourselves to people who may already be infected with this coronavirus, and don't even know it. Although some people seem to be immune, they can still carry and transmit this fatal virus, dubbed the “invisible killer”.

Please take care of yourselves because everywhere people are suffering from mental and emotional distress, anxiety, depression, stress and nervousness during these discouraging disturbing and unsettling times like we have never seen nor experienced before. We are all uncertain about our futures and just trying to figure out

what will come next. It seems as though each day brings some new developments in our updates of information on this tragic, grim and fatal coronavirus epidemic. No one is totally safe from contracting Covid-19, so, we are all certainly going through this deadly, world-wide pandemic together, and united we will somehow get through this national medical emergency and countrywide shutdown of most businesses.

Congratulations for persevering and working non-stop as essential personnel to faithfully serve the American population. Please try your best to protect your health during this virus crisis. Our thoughts and prayers go out to your entire families that everyone avoids, or quickly recovers from this global pandemic and maintains both their physical and mental health until all returns to some sort of normalcy in our lives. We all must learn how to adjust and adapt to our new guidelines to avoid contracting this deadly Covid-19.

Therefore, please continue to wash your hands frequently, wear your ppe, masks and gloves when appropriate and always be cognizant of proper social distancing. Also, we all need to heed the advice of our highest ranking physicians who specialize in diseases and viruses and how to survive and withstand them interfering with our normal lives.

As letter carriers, we place ourselves in harm's way day after day. I am proud to work side-by-side with such a rugged, dedicated and trustworthy workforce. Yes, I proudly wear my blue-striped pants!! And, lastly, thank you and kudos to all of my fellow nationwide “blue strippers” for overcoming these dangerous and challenging times while continuing to “deliver” for all Americans. **JOB WELL DONE NOBLE MAILBAGGERS!!** I commend you and salute your everyday superior and heroic efforts!!

Cheers,

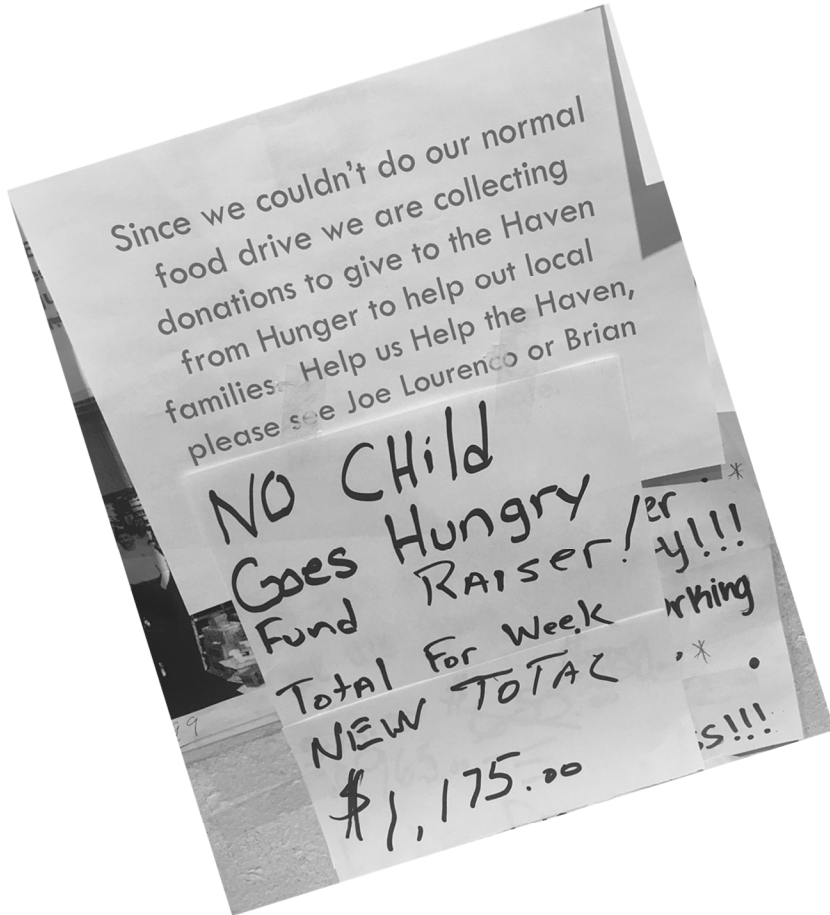
Stevie Pickett
Wakefield Post Office
Assistant Safety Officer

P.S....Personally, this 60+ year-old carrier returned to our honorable profession to establish a new “3-year-high”, **NOT** to work for 3 years, then die. So, I pray that God may bless us all with good health and safety during these strainful, draining and trying times like our planet has never experienced at such a deadly rate before.

AMEN.

Because They Care...

Soon after the coronavirus pandemic hit, it became apparent that the annual letter carrier food drive would not be able



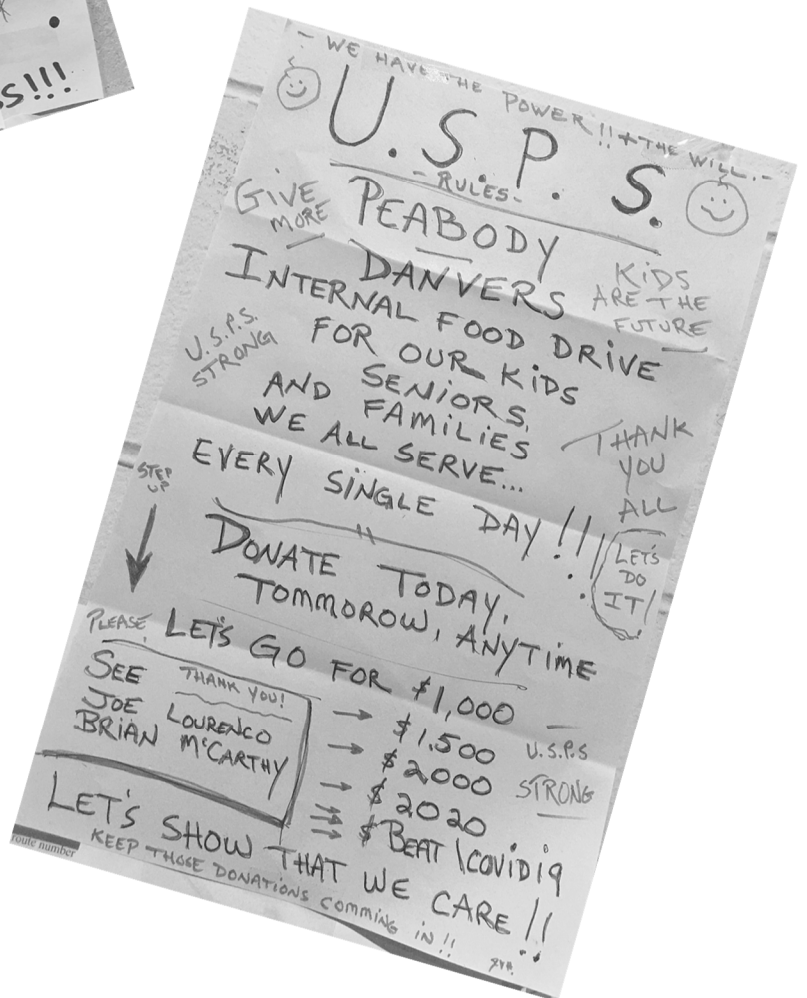
He talked with fellow Peabody carrier Joe Lourenco, and they decided to do more. Now, many craft (carrier and clerk) and management employees from the Peabody and Danvers stations have contributed to the cause.

Brian and Joe would like to challenge anyone that reads this, in any office, to do something similar and share results.

It is refreshing that the employees of these offices have been able to do so much in the midst of all the external pressures. On behalf of Branch 25, **THANK YOU!!**

to go on as scheduled. Further, as schools cancelled classes, children that depended on school for a solid meal became at risk.

As luck would have it, Peabody letter carrier Brian McCarthy is friendly with Jarrod Hochman who is involved with "NO CHILD GOES HUNGRY" in Peabody. McCarthy began volunteering on Sunday mornings with two of his adult sons, Eric and Andrew. When asked what prompted him to volunteer, McCarthy said "We're pretty fortunate to have a steady job and a fridge full of food."



WAKE UP

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Fax: (978) 658-0888
Web: www.nalcbranch25.com

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TEWKSBURY, MA



at the next meeting
June
Meeting
Cancelled